

# GEORGIA DEPARTMENT OF CORRECTIONS THERAPEUTIC DIETS MENU & PLATING GUIDE

May-18

A WEEK SUNDAY	CALORIE RESTRICTED DIETS													
BREAKFAST	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Chicken Breakfast Links	2 each	2 each	2 each	2 each	2 each	2 each	2 each	3 each	3 each	2 each	2 each	2 each	2 each	-
Pancakes	-	-	1 each	1 each	1 each	2 each	2 each	3 each	3 each	2 each	2 each	2 each	2 each	2 each
*Grits	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	2 cups	2 cups	1/2 cup	1 cup	2 cup
Whole Fruit	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	-	-	-
Canned Fruit	-	-	-	-	-	-	-	-	-	-	-	1/2 cup	1 cup	1 cup
Syrup	-	-	-	-	-	-	-	-	-	2 oz	2 oz	2 oz	2 oz	2 oz
**Coffee (8 oz)	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	sweet	sweet	sweet	sweet	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	lowfat	skim	lowfat	lowfat	lowfat
LUNCH	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Bread	2 slices	2 slices	4 slices	4 slices	4 slices	4 slices	6 slices	6 slices	6 slices					2 slices
Deli Meat	2 oz	2 oz	2 oz	2 oz	1 oz	1 oz	2 oz	2 oz	2 oz					-
Peanut Butter	-	-	-	-	1 oz	1 oz	1 oz	1 oz	1 oz					1 oz
Mustard	1 packet	1 packet	2 packets	2 packets	1 packet	1 packet	2 packets	2 packets	2 packets					-
Mayonnaise	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet					-
Whole Fruit	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each					-
Canned Fruit														1 cup
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet					sweet
SUPPER	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Chicken and Rice	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup	1/2 cup	1 cup	-	1/2 cup
*Mixed Beans	-	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	2 cups	2 cups	-	1 cup mashed	-
Cabbage Relish Salad	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1/2 cup	-	-	1/2 cup
Cornbread Dressing	-	-	-	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup
Hot Rolls	-	-	-	-	-	-	-	-	-	1 each	2 each	1 each	2 each	-
Iced Spice Cake	-	-	-	-	-	-	-	-	-	-	-	1 each	1 each	1 each
Canned Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1 cup	1 cup
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	-	-	-	-	sweet
Milk (1 carton)	-	-	-	-	-	-	-	-	-	lowfat	skim	lowfat	lowfat	-
HS SNACK	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Bran Flakes	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-	-	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	-	-	-	-	-
Whole Fruit	-	-	-	-	1 each	1 each	1 each	1 each	1 each	-	-	-	-	-

\*Foods should be prepared without margarine, salt, oil, cheese, and soup bases \*\*Coffee: sweet = added sugar, unsweet = no added sugar \*\*\*Unsweet = Punch Beverage, Sweet = Tea NOTE: MECH SOFT FOOD IS CHOPPED

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May-18

A WEEK MONDAY	CALORIE RESTRICTED DIETS													
BREAKFAST	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
*Scrambled Eggs	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	2/3 cup	2/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup
Oatmeal Muffins	-	-	-	-	1 each	1 each	1 each	1 each	2 each	2 each	2 each	1 each	2 each	2 each
*Oatmeal	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup	1 cup	1 cup
Bran Flakes	-	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	1 cup
Canned Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1 cup	1/2 cup
**Coffee (8 oz)	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	sweet	sweet	sweet	sweet	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	lowfat	skim	lowfat	lowfat	lowfat
LUNCH	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Fried Rice	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	1/2 cup
*Stir Fried Vegetables	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	-	-	1/2 cup
*Pinto Beans	-	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	1 cup mashed	-
Canned Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1 cup	1/2 cup
Cornbread	-	-	-	-	-	-	-	-	-	1 each	-	1 each	2 each	1 each
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	-	-	unsweet	unsweet	-	-	unsweet
Milk (1 carton)	-	-	-	-	-	-	-	skim	skim	-	-	lowfat	lowfat	-
SUPPER	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Cheeseburger Mac	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup	1 cup	1 cup	1/2 cup
*Red Beans	-	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-
*Kale	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
*Squash	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Canned Fruit	-	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1 cup	1/2 cup
Cornbread	-	-	-	-	-	-	-	-	1 each	-	1 each	1 each	1 each	1 each
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	-	-	unsweet
Milk (1 carton)	-	-	-	-	-	-	-	-	-	-	-	lowfat	lowfat	-
HS SNACK	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Bran Flakes	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-	-	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	-	-	-	-	-
Whole Fruit	-	-	-	-	1 each	1 each	1 each	1 each	1 each	-	-	-	-	-

\*Foods should be prepared without margarine, salt, oil, cheese, and soup bases \*\*Coffee: sweet = added sugar, unsweet = no added sugar \*\*\*Unsweet = Punch Beverage, Sweet = Tea NOTE: MECH SOFT FOOD IS CHOPPED

# GEORGIA DEPARTMENT OF CORRECTIONS THERAPEUTIC DIETS MENU & PLATING GUIDE

May-18

A WEEK TUESDAY	CALORIE RESTRICTED DIETS													
BREAKFAST	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Breakfast Gravy	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup
*Grits	-	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	2 cups	2 cups	1/2 cup	1 cup	2 cups
Biscuit	1 each	1 each	1 each	1 each	1 each	1 each	2 each	2 each	2 each	1 each	2 each	2 each	2 each	1 each
Canned Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1 cup	1 cup
**Coffee (8 oz)	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	sweet	sweet	sweet	sweet	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	chocolate	chocolate	chocolate	chocolate	chocolate
LUNCH	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Cheese	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	1 slice	2 slices	-	-	1 slice	-	-
Deli Meat	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	2 oz	1 oz	1 oz	1 oz	2 oz	1 oz
Bread	2 slices	2 slices	2 slices	2 slices	2 slices	2 slices	2 slices	2 slices	4 slices	2 slices	2 slices	2 slices	2 slices	2 slices
Potato Salad	-	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	1/2 cup	-	-	-
*Carrots	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1/2 cup	1/2 cup	1 cup	1 cup
Whole Fruit	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	-	-	-
Canned Fruit	-	-	-	-	-	-	-	-	-	-	-	1/2 cup	1 cup	1 cup
Crisp Drop Cookies	-	-	-	-	-	-	-	-	-	-	-	2 each	2 each	-
Mustard	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	2 packets	-	1 packet	1 packet	1 packet	-
Mayonnaise	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	-	-	1 packet	1 packet	-
***Beverage	unsweet	unsweet	-	-	-	-	-	-	-	-	-	-	-	sweet
Milk (1 carton)	-	-	skim	skim	skim	skim	skim	skim	skim	lowfat	skim	lowfat	lowfat	-
SUPPER	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Spaghetti Sauce	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	-
Ground Chicken														2 oz
Boiled Spaghetti	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup
*Pinto Beans	-	-	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	2 cups	1 cup	-	-	-
*Corn	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	-	1 cup	-	-	1/2 cup
Cornbread	-	-	-	-	-	-	-	-	-	-	-	1 each	1 each	1 each
Canned Fruit	-	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1 cup	1 cup
Sweet Potato Pie	-	-	-	-	-	-	-	-	-	1 each	-	1 each	1 each	-
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	-	-	unsweet
Milk (1 carton)	-	-	-	-	-	-	-	-	-	-	-	lowfat	lowfat	-
HS SNACK	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Bran Flakes	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-	-	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	-	-	-	-	-
Whole Fruit	-	-	-	-	1 each	1 each	1 each	1 each	1 each	-	-	-	-	-

\*Foods should be prepared without margarine, salt, oil,cheese, and soup bases \*\*Coffee: sweet = added sugar, unsweet = no added sugar \*\*\*Unsweet = Punch Beverage, Sweet = Tea NOTE: MECH SOFT FOOD IS CHOPPED

# GEORGIA DEPARTMENT OF CORRECTIONS THERAPEUTIC DIETS MENU & PLATING GUIDE

May-18

A WEEK WEDNESDAY	CALORIE RESTRICTED DIETS													
BREAKFAST	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Chicken Breakfast Patty	2 each	2 each	2 each	2 each	2 each	2 each	2 each	3 each	3 each	2 each	2 each	2 each	2 each	1 each
*Grits	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	2 cups	1/2 cup	1 cup	2 cups
Cinnamon Muffin	-	-	1 each	1 each	1 each	1 each	1 each	1 each	2 each	2 each	-	1 each	2 each	2 each
Whole Fruit	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	-	-	-
Canned Fruit	-	-	-	-	-	-	-	-	-	-	-	1/2 cup	1 cup	1/2 cup
**Coffee (8 oz)	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	sweet	sweet	sweet	sweet	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	lowfat	skim	lowfat	lowfat	lowfat
LUNCH	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Peanut Butter	1/2 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	2 oz	1 oz	-	1 oz	2 oz	1 oz
Deli Meat	-	-	-	-	-	-	-	-	-	-	1 slice	-	-	-
Bread	1 slice	2 slices	2 slices	2 slices	2 slices	2 slices	2 slices	2 slices	4 slices	2 slices	2 slices	2 slices	4 slices	2 slices
Macaroni Salad	-	-	-	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1/2 cup	1 cup	-	-	1/2 cup
Cucumber & Onion Salad	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup	1 cup	-	-	1/2 cup
Whole Fruit	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	-	-	-
Canned Fruit	-	-	-	-	-	-	-	-	-	-	-	1/2 cup	1 cup	1 cup
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	-	-	-	-	unsweet
Milk (1 carton)	-	-	-	-	-	-	-	-	-	lowfat	skim	lowfat	lowfat	-
SUPPER	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Oven Fried Chicken (No skin)	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	-
Beef Pattie														1 each
Cornbread Dressing	-	-	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	-	1/2 cup	1/2 cup	1/2 cup
Chicken Gravy	2 oz	2 oz	2 oz	2 oz	2 oz	2 oz	2 oz	2 oz	2 oz	2 oz	-	2 oz	2 oz	2 oz
*Mashed Potatoes		1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup	1/2 cup	-
*Collard Greens	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1/2 cup	1/2 cup	-
Hot Rolls	-	-	-	-	-	-	-	1 each	1 each	-	-	1 each	2 each	1 each
Canned Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1/2 cup	1 cup
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	-	-	-	unsweet
Milk (1 carton)	-	-	-	-	-	-	-	-	-	-	skim	lowfat	lowfat	-
HS SNACK	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Bran Flakes	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-	-	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	-	-	-	-	-
Whole Fruit	-	-	-	-	1 each	1 each	1 each	1 each	1 each	-	-	-	-	-

\*Foods should be prepared without margarine, salt, oil,cheese, and soup bases \*\*Coffee: sweet = added sugar, unsweet = no added sugar \*\*\*Unsweet = Punch Beverage, Sweet = Tea NOTE: MECH SOFT FOOD IS CHOPPED

\*\*\* Baked chicken for all diets should have no skin.



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A WEEK THURSDAY	CALORIE RESTRICTED DIETS													
BREAKFAST	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
*Scrambled Eggs	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	2/3 cup	2/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup
*Oatmeal	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1.5 cup	1 cup	1 cup	1/2 cup	1 cup	1 cup
*Home Fries	-	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup	1 cup	1/2 cup	1 cup	-
Coffee Cake	-	-	-	-	-	-	-	-	-	1 each	-	1 each	1 each	1 each
Canned Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup	1 cup	1/2 cup
**Coffee (8 oz)	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	sweet	sweet	sweet	sweet	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	lowfat	skim	lowfat	lowfat	lowfat
LUNCH	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Chili	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-
Ground Chicken												4 oz	4 oz	2 oz
*Steamed Rice	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	2 cups	1 cup	-	1 cup
Whole Fruit	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	-	-	-
Canned Fruit	-	-	-	-	-	-	-	-	-	-	-	1/2 cup	1 cup	1/2 cup
*Carrots		1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1/2 cup
Cornbread	-	-	-	-	-	-	-	-	1 each	1 each	-	1 each	2 each	1 each
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	-	-	-	-	-	-	-	unsweet
Milk (1 carton)	-	-	-	-	-	-	skim	skim	skim	lowfat	skim	lowfat	lowfat	-
SUPPER	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Baked Fish	4 oz	4 oz	4 oz	4 oz	4 oz	4 oz	4 oz	4 oz	4 oz	4 oz	4 oz	4 oz	4 oz	4 oz
*Grits	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup	1 cup	1 cup
Coleslaw	-	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1/2 cup	-	-	1/2 cup
*Mixed Beans	-	-	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-
Cornbread	-	-	-	-	-	-	-	-	-	-	-	1 each	1 each	1 each
Canned Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1 cup	1/2 cup
Crisp Drop Cookies	-	-	-	-	-	-	-	-	-	-	-	2 each	2 each	2 each
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	-	-	unsweet
Milk (1 carton)	-	-	-	-	-	-	-	-	-	-	-	lowfat	lowfat	-
HS SNACK	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Bran Flakes	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-	-	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	-	-	-	-	-
Whole Fruit	-	-	-	-	1 each	1 each	1 each	1 each	1 each	-	-	-	-	-

\*Foods should be prepared without margarine, salt, oil,cheese, and soup bases \*\*Coffee: sweet = added sugar, unsweet = no added sugar \*\*\*Unsweet = Punch Beverage, Sweet = Tea NOTE: MECH SOFT FOOD IS CHOPPED

# GEORGIA DEPARTMENT OF CORRECTIONS THERAPEUTIC DIETS MENU & PLATING GUIDE

May-18

A WEEK FRIDAY	CALORIE RESTRICTED DIETS													
BREAKFAST	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Chicken Breakfast Link	2 each	2 each	2 each	2 each	2 each	2 each	2 each	3 each	3 each	2 each	2 each	2 each	2 each	1 each
*Grits	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	2 cups	1/2 cup	1 cup	2 cups
Plain Muffins	-	-	-	-	-	-	1 each	1 each	1 each	2 each	1 each	1 each	2 each	1 each
Canned Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1/2 cup	1 cup	1 cup
Frosted Flakes	-	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-
**Coffee (8 oz)	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	sweet	sweet	sweet	sweet	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	lowfat	skim	lowfat	lowfat	lowfat
LUNCH	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Bread	2 slices	2 slices	4 slices	4 slices	4 slices	4 slices	6 slices	6 slices	6 slices					2 slices
Deli Meat	2 oz	2 oz	2 oz	2 oz	1 oz	1 oz	2 oz	2 oz	2 oz					-
Peanut Butter	-	-	-	-	1 oz	1 oz	1 oz	1 oz	1 oz					1 oz
Mustard	1 packet	1 packet	2 packets	2 packets	1 packet	1 packet	2 packets	2 packets	2 packets					-
Mayonnaise	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet					-
Whole Fruit	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each					-
Canned Fruit														1 cup
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet					sweet
SUPPER	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Beef Stew	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup
*Steamed Rice	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	2 cups	2 cups	-	1 cup
*White Beans	-	-	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-
Tossed Salad	-	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-	1 cup
Vinegar and Oil Dressing	-	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	-	-	-	1 oz
Cornbread	-	-	-	-	-	-	-	-	-	1 each	1 each	1 each	2 each	1 each
Bread	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Canned Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1 cup	-
Iced Chocolate Cake	-	-	-	-	-	-	-	-	-	1 each	-	1 each	1 each	1 each
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	sweet	sweet	-	-	sweet
Milk (1 carton)	-	-	-	-	-	-	-	-	-	-	-	lowfat	lowfat	-
HS SNACK	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Bran Flakes	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-	-	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	-	-	-	-	-
Whole Fruit	-	-	-	-	1 each	1 each	1 each	1 each	1 each	-	-	-	-	-

\*Foods should be prepared without margarine, salt, oil, cheese, and soup bases \*\*Coffee: sweet = added sugar, unsweet = no added sugar \*\*\*Unsweet = Punch Beverage, Sweet = Tea NOTE: MECH SOFT FOOD IS CHOPPED

# GEORGIA DEPARTMENT OF CORRECTIONS THERAPEUTIC DIETS MENU & PLATING GUIDE

May-18

A WEEK SATURDAY	CALORIE RESTRICTED DIETS													
BREAKFAST	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
*Scrambled eggs	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	2/3 cup	2/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	-
Pancakes	-	-	-	1 each	1 each	1 each	1 each	1 each	2 each	2 each	1 each	2 each	2 each	2 each
*Oatmeal	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	2 cups	1/2 cup	1 cup	1 cup
*Hashed Brown Potatoes	-	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1/2 cup	1/2 cup	-
Canned Fruit	1/2 c up	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1/2 cup	1/2 cup
Syrup	-	-	-	-	-	-	-	-	-	2 oz	2 oz	2 oz	2 oz	2 oz
**Coffee (8 oz)	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	sweet	sweet	sweet	sweet	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	chocolate	chocolate	chocolate	chocolate	low fat
LUNCH	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH/SOFT	LOW PRO
Bread	2 slices	2 slices	4 slices	4 slices	4 slices	4 slices	6 slices	6 slices	6 slices					2 slices
Deli Meat	2 oz	2 oz	2 oz	2 oz	1 oz	1 oz	2 oz	2 oz	2 oz					-
Peanut Butter	-	-	-	-	1 oz	1 oz	1 oz	1 oz	1 oz					1 oz
Mustard	1 packet	1 packet	2 packets	2 packets	1 packet	1 packet	2 packets	2 packets	2 packets					-
Mayonnaise	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet	1 packet					-
Whole Fruit	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each					-
Canned Fruit														1 cup
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet					sweet
SUPPER	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Chuckwagon Patty	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each	1 each
Brown Gravy	2 oz	2 oz	2 oz	2 oz	2 oz	2 oz	2 oz	2 oz	2 oz	2 oz	-	2 oz	2 oz	2 oz
Red Beans and Rice	-	-	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	2 cups	-	-	-
*Steamed Rice	-	-	-	-	-	-	-	-	-	-	-	1 cup	-	1 cup
Coleslaw	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1/2 cup	1 cup	-	-	1 cup
*Oven Browned Potatoes		1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1/2 cup	1 cup	1/2 cup	1 cup	-
Cornbread	-	-	-	-	-	-	-	-	-	-	-	1 each	1 each	-
Canned Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1/2 cup	1 cup	1/2 cup	1 cup	1/2 cup
Iced Brownie	-	-	-	-	-	-	-	-	-	1 each	-	1 each	1 each	1 each
***Beverage	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	unsweet	sweet	sweet	-	-	sweet
Milk (1 carton)	-	-	-	-	-	-	-	-	-	-	-	lowfat	lowfat	-
HS SNACK	1200	1500	1800	2000	2200	2400	2600	2800	3000	LOW SODIUM	LOW FAT/CHOL	SOFT	MECH SOFT*	LOW PRO
Bran Flakes	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	-	-	-	-	-
Milk (1 carton)	skim	skim	skim	skim	skim	skim	skim	skim	skim	-	-	-	-	-
Whole Fruit	-	-	-	-	1 each	1 each	1 each	1 each	1 each	-	-	-	-	-

\*Foods should be prepared without margarine, salt, oil,cheese, and soup bases \*\*Coffee: sweet = added sugar, unsweet = no added sugar \*\*\*Unsweet = Punch Beverage, Sweet = Tea NOTE: MECH SOFT FOOD IS CHOPPED